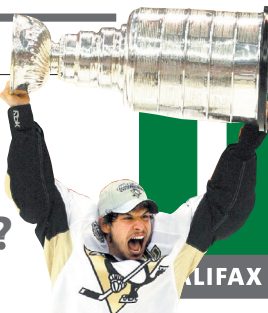


## Sports

**Start of new NHL dynasty?**

pg 12



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## Celebrity Buzz

**Miley rebounds with Jonas brother?**

pg 18



HALIFAX • MONDAY, JUNE 15, 2009

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## Stairway to heaven?

**SCIENCE** If the thinking of three York University scientists has been sound, they just might have this world at the end of a tether. Writing recently in science journal *Acta Astronautica*, Brendan Quine, Raj Seth and George Zhu have come up with a concept and prototype to create a giant inflatable tower that could carry people to the edge of space.

The three scientists have come up with a plan that could be used to create a 20-kilometre tower using inflatable modules that could be used for research, tourism or communication.

"The concept of a space tether that went all the way up to a space station is if you can ascend the tether electrically or by other means, you could gain access directly to space," said Quine.

TORSTAR NEWS SERVICE

# 5 hometown heroes

Volunteer testifies to benefit of lending your time in community

## Sunny Side

**KRISTEN LIPSCOMBE**  
kristen.lipscombe@metronews.ca

**Despite seeing several Feed Nova Scotia billboards, it was the one pointing out that 38,000 people in this province use food banks every month that finally prompted Rockingham resident Kelly Clelland to help the organization ensure her fellow Nova Scotians aren't going hungry.**

And since answering Feed Nova Scotia's call for volunteers several months ago, the 34-year-old Kingston, Ont., native hasn't looked back.

"For seven years, I've seen the different signs looking for volunteers ... but I didn't really think that I had the time to commit to it," Clelland, who works full-time at the lieutenant-governor's office, said yesterday at Feed Nova Scotia's headquarters on the Bedford Highway.

"Another sign indicated that a third of the clients that are served are children," Clelland recalled, before starting an afternoon of administrative volunteer work.

"I thought, 'I'll just pick up the phone and see if there's anything I can do to ... help them out.'"

Now she spends anywhere from four to eight hours a week working in Feed Nova Scotia's office



Kelly Clelland, a volunteer at Feed Nova Scotia, poses for a photo yesterday outside the organization's warehouse on the Bedford Highway.

and collecting donations of cash and food at special events, such as the Holiday Parade of Lights in Halifax and the Nova Scotia Biker Bash for motorcycle enthusiasts.

"What I've discovered ... is that it doesn't take a lot of time," she said. "It's as much time as you choose to give them."

Clelland is one of more

than 600 people who regularly give their time to Feed Nova Scotia.

The work the volunteers do ranges from sorting food in warehouses to answering calls for a helpline, according to the group's website.

She hopes more people in Halifax and the surrounding areas come to realize that it only takes a lit-

tle effort to help a lot of people.

Everyone who works with Feed Nova Scotia is passionate, she said, a feeling that's truly "infectious" and now has her completely hooked on helping others in her community.

"I couldn't imagine not (volunteering)," Clelland said.

## Four more to admire

**KRISTEN LIPSCOMBE**  
kristen.lipscombe@metronews.ca

**1** Walter Regan of Lower Sackville never planned on becoming an environmental activist, but now he's president of the Sackville Rivers Association.

"A long time ago my neighbour invited me over for a drink of rum and he said, 'You've got to come to the river to help out,'" Regan, 56, said. "I said, 'No, I'm not hugging no trees (or) kissing no whales.'"

"One day just to shut him up I went to the river and I was shocked," he said of the beautiful waterway adversely affected by pollution. "Somebody has got to do something."

**2&3** Retired Rockingham couple Len and Helen Sweett, both in their 70s, agree time is one of the greatest gifts, which is why spend a lot of it helping out organizations such as Metro Non-Profit Housing. Len said volunteers are often the driving force in making a difference in people's lives, as in the case of the Out of the Cold Shelter in Halifax.

**4** April MacQueen, 33, of Dartmouth said she loves her volunteer work helping kids through the Learning Disabilities Association of Nova Scotia literacy program so much that she plans on turning it into a career — by becoming a special education teacher.

## Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Halifax and Canada. This is also a Call to Action for you to send us your suggestions at [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca), [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax.

- On [metronews.ca](http://metronews.ca)
- Calling on all Haligonians — share your SunnySide thoughts on what makes Halifax tick, people, places, events and architecture, on Twitter using #sunnyside
- See what other Metro readers are doing and saying about SunnySide Today
- Greek Fest serves up fun and food for families, pg 3
- Anne Hines highs and lows of spring, pg 8

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**PORTER'S LAKE**  
DownEast Communications  
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**Single-vehicle crash on Trans-Canada sends three to hospital**

Three people were taken to hospital with undetermined injuries following a single-vehicle crash on the Trans-Canada Highway near Amherst just before noon Friday. A small truck left the westbound lane of the highway about six kilometres east of Amherst near the Fenwick Road overpass after hydroplaning on the rain-slicked road. **AMHERST DAILY NEWS**

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# Local



## Lighthouse to get new coat

The famous lighthouse at Peggy's Cove is getting a fresh look. Nova Scotia MP Gerald Keddy said Friday a paint job will be completed this year on the lighthouse, with the work possibly completed within a few weeks. The announcement came a day after a Department of Fisheries and Oceans official told CBC News it couldn't afford to spend \$25,000 to repaint the structure, which is peeling and has rust stains. **METRO HALIFAX**

# Opa! Palates satisfied Greek-style

Music, dancing, wine — and 'great' food — make annual fest a return-to event

LESLEY PIKE  
for Metro Halifax

**The delicious smells of souvlaki and spanakopita wafted all the way to the street yesterday at Greek Fest in Halifax.**

Inside the gates of the Purcell's Cove Road event, people munched on donairs from blue and white-checked wrappers and washed it all down with beer from white plastic cups.

The great grub is one of the festival's main attractions for many, including Laura Waters, who said her favourite festival food is the souvlaki.

She came all the way from Toronto to take in the event, and of course to visit Halifax, her hometown.

"I love Greek Fest, I've been coming for 20 years," she said. "I'm lucky to be here this weekend."

Her friend Melanie Yoille added Greek food is "great" and is a nice treat because it's something she never cooks herself. "It's different."

Doug Quinn, from Lunenburg County, agreed wholeheartedly.

"We've always come and enjoyed the food," he said yesterday.

Quinn said he and his wife also keep coming back to meet "friends that we see here every year."

Each year Greek Fest sells thousands of food plates



The junior Romiosini dance group performs at Greek Fest Saturday afternoon. The annual festival ran Friday through Sunday and featured Greek dancing, live music, wine tasting and plenty of good food.

## Sunny Side

gelopoulos, dressed in traditional Greek clothes, taught a dancing lesson.

He showed the aspiring dancers, mostly children, a

traditional dance called Hapsoserviko. They linked arms and bounced along with the lively music as Angelopoulos taught them to "step behind, step kick."

This year the festival also held Taverna performances, another traditional

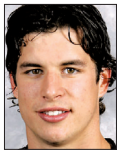
Greek dance, as well as shows from junior and senior dancers.

Waters and Yoille said they planned on watching some dancing later in the day.

"We just had to eat first," Waters said.

# Sid the Kid does Cole Harbour proud

**STANLEY CUP** Sidney Crosby has done his hometown proud, and many in the Halifax area are awaiting the opportunity to see him carry the Stanley Cup through Cole Harbour. One of them, area **Crosby** Coun.



Lorelei Nicoll, didn't watch Friday's Cup-clinching game for fear she would jinx the outcome.

"When I went to see what the score was Detroit scored, so I said 'that's enough of that,' and left the room," Nicoll said. "When I found out they won I was so excited, sending emails to all of my fellow councillors."

She hopes Crosby's Cup win inspires other local athletes to aim for greatness, since even the 21-year-old superstar was once "just one of the guys."

"Everyone is very proud of Sidney; he's got a large fan-base here and I sent congratulations to the family," she said.

The final score of Friday's big game was 2-1, leaving a crowd of about 1,500 onlookers at Cole Harbour Place in hysterics.

"He's always been a great skater," said former Crosby coach Paul Gallagher. "Even at five years old."

Gallagher coached Crosby when he was a Timbit and then eight years later when he played for the Cole Harbour Wings.

He said a good indicator of what Crosby has done for the local community came when he saw tourists taking pictures of the Welcome to Cole Harbour sign, adding Sid the Kid has been a great ambassador for Halifax and the province.

Gallagher is currently a scout for the Florida Panthers, but plans to be in Halifax when Crosby brings the cup home.

"He's done a terrific job; he's a great athlete and an even better role model," Gallagher said.

**COLIN CHISHOLM/  
FOR METRO HALIFAX  
MORE COVERAGE, PG 12**

## metronews.ca

What's online today.

**Video** Soldiers remember the latest Canadian killed at [metronews.ca/canada](http://metronews.ca/canada)

**Video** U.S. Secretary of State Hillary Clinton tries to soothe the Canadian anger over Buy American at [metronews.ca/canada](http://metronews.ca/canada)

**Immigration** Guidy Mamann has good news for live-in caregivers and foreign workers at [metronews.ca/immigration](http://metronews.ca/immigration)



### Lotteries

Friday, Jun. 12  
Super 7: 12, 13, 15, 18, 27, 30 & 40 Bonus 43  
Saturday, Jun. 13  
Lotto 6/49: 01, 15, 20, 30, 41 & 48 Bonus 10  
These results are not official.

## Events mark Youth in Aviation Week

**BADDECK** Yesterday marked the first day of Youth in Aviation Week in Baddeck, Cape Breton. This week is a part of celebrations surrounding the Centennial of Canadian Aviation.

The first powered flight in Canada took place in Baddeck on Feb. 23, 1909, when J.A.D. McCurdy flew a plane called the Silver Dart. This year is also the international year of Astronomy.

A news release from the organizers of Silver Dart Centennial Celebrations says events this week include a Youth Art Exhibit, kite making classes, nightly star parties on top of the Alexander Graham Bell National Historic Site, and a Silver Dart air show Wednesday afternoon. **METRO HALIFAX**

## Dexter, cabinet to be sworn in Friday

Darrell Dexter will be losing the designate tag from premier Friday night.

Dexter and his cabinet will be sworn in by Lt.-Gov. Mayann Francis during a ceremony at the Cunard Centre in Halifax starting at 6 p.m.

The public is welcome to stop by and watch as Dexter officially becomes the

province's 27th premier.

"It's an historic event and we wanted to share it with all Nova Scotians," Dexter said in a release. "It's an exciting time and we're looking forward to tackling the challenges at hand."

Dexter will be naming a 12-member cabinet, making good on his election

campaign process to reduce the number of ministers by six from 18.

Dexter and the NDP made history last Tuesday in the Nova Scotia election when they won 31 of 52 seats to form a majority government. It is the first NDP government ever elected east of Ontario. **METRO HALIFAX**

### News in brief

**COMPLAINT** Halifax Regional Police received a complaint during the early morning hours Saturday that someone saw a man masturbating in a wooded area of Fairview. The incident happened on the 200 block of Willett Street and the man was described as wearing

dark pants at the time.

**FAIRVIEW** A police search of a house in Fairview uncovered marijuana, drug paraphernalia and contraband cigarettes Friday evening. Halifax Regional Police said they arrested and charged a 43-year-old man with possession for the

purpose of trafficking.

**WAVERLY** Police arrested a 62-year-old man for producing marijuana Wednesday in Waverly. Police said they found a "sophisticated" setup in a house, which included more than 200 marijuana plants. **METRO HALIFAX**



A five-year-old girl ended up in hospital Saturday after getting hit by a car in Halifax. The girl ran across the street in the area of Ashburn and Oakleigh avenues at about 9:30 a.m., according to Halifax Regional Police. Her injuries aren't life threatening, police said, adding the driver isn't facing any charges. **METRO HALIFAX**

# Wright gets 15 years

Judge hands down sentence in stabbing death of sailor

PAUL MCLEOD  
paul.mcleod@metronews.ca

**Cory Wright was sentenced to 15 years in prison Friday for the stabbing death of an American sailor in November of 2006.**

Damon Crooks, 27, was stabbed four times, one piercing his heart, during a brawl outside the former Argyle Street bar Rain after the establishment had closed in the early morning hours. His girlfriend was pregnant with his daughter at the time of his death.

It is believed Crooks was trying to break up the fight at the time.

Wright, a 25-year-old from Halifax, pleaded guilty to manslaughter in March, which was brought down from second-degree murder.

Judge Felix Cacchione said Friday in Nova Scotia Supreme Court in downtown Halifax the guilty plea played a big part in his sentencing.

Cacchione said because of the confusion in the 20 to 30-person melee and the intoxication of those involved, it would have been hard to prove Wright guilty.

Wright has been in jail for 2½ years and will receive four years worth of time served, for a remain-



Family members of American soldier Damon Crooks hold pictures of the 27-year-old man outside a Halifax courtroom Friday after local resident Cory Wright was sentenced to 15 years in prison for Crooks' murder. Crooks was stabbed four times in a downtown brawl in November 2006.

**"As much time as Corey Wright spends in jail, even if it's life, it's not going to bring Damon back."**

Corwin Gooden, victim's brother

ing sentence of 11 years.

Family members of Crooks said they'd hoped for a longer sentence but were satisfied with the result.

"As much time as Corey Wright spends in jail, even if it's life, it's not going to bring Damon back,"

said brother Corwin Gooden.

Several family members had flown up from Florida and read victim impact statements. His sister, Erin Wright, described losing both her government job and her faith after the murder.

"I have not been myself since and I don't think I'll ever get back to the person I once was," she told the court.

Wright wrote a statement, read by his lawyer, in which he accepted responsibility and said he wished he could give his life to bring Crooks back.

"I hate myself for what I've done," the statement read. "I don't expect any of you to forgive me, I just pray some day you won't hate me."

# Pair of shootings keep cops busy

PHILIP CROUCHER  
philip.croucher@metronews.ca

**CRIME** Halifax Regional Police responded to two shootings they say aren't related within seven hours Saturday night and into early yesterday morning.

Police say the first happened at about 7 p.m. Saturday at High and Leeds streets in

Halifax's north end. Police say according to witnesses, one of two men in a red car fired a gun shot at two males walking on the sidewalk. Neither was hit by the "one shot," but police say the two males on feet were also armed, with a baseball bat and bear spray, which they aimed at the car.

"What we do know is these parties are known to each other. It doesn't appear to be a random act," Staff Sgt. Brenda Zima of Halifax Regional Police said. "There was definitely a confrontation."

Zima said the bullet didn't hit any nearby homes, adding that when police arrived on scene, both the

males who were shot at and the men in the red car were gone.

One of the suspects in the car was described to police as a white man in his early 20s. His head was shaved and he was wearing a T-shirt. The other man in the car is described as black and in his early 20s. He has black hair and was wearing a black T-shirt.

The second shooting under investigation happened on the 100 block of Hebert Street in Dartmouth, where someone fired a shot through the basement window of a house at about 1:20 a.m. yesterday, police say.

The bullet went through a bed mattress and ended up in a wall, police say, adding the man who lives in the basement was home but "by luck" wasn't nearby when the shot was fired.

"We don't know what (the shooter's) intent was," Zima said. "It appears the persons living there were the intended target of this shooting."

Police have no suspects, she said.

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## Bear spary used in two incidents

**CRIME** Two separate apartments were doused with bear spray Friday night.

Halifax police say the first incident happened at about 10 p.m. on May Street. They say two white men went into the apartment and discharged the pepper spray. One person was also hit in the head with a bottle.

One of the suspects is described as a white man, 20 years old, six feet tall, and 160 pounds wearing a white T-shirt.

The second incident happened about an hour later at 11:12 p.m. on Lawrence Street.

Police say two men went into the apartment, sprayed the mace and left in a red Honda Civic.

One of the suspects is described as a white man, five-foot-10, 20 years old, wearing a black shirt. The other is described as a white man, six feet tall with dark short hair and wearing black sweat pants.

**METRO HALIFAX**

## Loaded gun found in stolen vehicle

**SEARCH** Halifax Regional Police said they found a loaded handgun in the glove box of a stolen car in north end Halifax on Saturday evening.

Police searched a car at 8 p.m. during a traffic stop, apparently after the occupants had run away. Besides the gun, the search revealed that the vehicle had been stolen, police said. **METRO HALIFAX**

## Man threatened with baseball bat

**CRIME** A man used a baseball bat to threaten another man Saturday afternoon in Dartmouth, police said.

Halifax Regional Police said they responded to the call at 3:50 p.m., adding the victim wasn't injured and the man with the baseball bat was last seen walking south on Wyse Street.

**METRO HALIFAX**

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**Montrealer files complaint over border tattoo search**

Sylvie Ménard, a Montreal woman, has filed a complaint against the Canada Border Services Agency after she says border agents forced her to strip to see if she had a tattoo on her buttocks after associating her with an accused criminal. **METRO NEWS SERVICES**

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# Canada



## Endeavour launch postponed

The planned Saturday launch of space shuttle Endeavour, set to carry seven astronauts including Canadian Julie Payette, left, was postponed because of a hydrogen leak — delaying a possible flight until Wednesday at the earliest. The leak was discovered while the space shuttle was being fuelled. **REUTERS**

## Decision day for Grits

Party expects Ignatieff to steer clear of election

**Federal Liberals expect party leader Michael Ignatieff to steer clear of an absolute commitment to bring down Prime Minister Stephen Harper's government when he gives his verdict today on the Conservatives' handling of the economic crisis.**

But there is speculation that Ignatieff may threaten to defeat the Conservative minority later this week unless Harper agrees to improve the government's response to the recession, possibly by immediately moving to enrich Employment Insurance payments or speed up infrastructure payments.

The Liberal caucus is meeting at 10 a.m. today and Ignatieff will announce

### Consequences

- Forcing a summer election over the Conservatives' economic strategy during a deep recession could prompt a voter backlash against Ignatieff, Liberals acknowledge. Harper is certain to contend that an election battle would only hold up the delivery of pro-growth federal spending.

announce his decision publicly an hour later.

"I don't think Canadians want an election. I don't think I want an election," Ignatieff told CBC-TV yesterday.

"But I have to do my job. And my job is to hold the government accountable."

Ignatieff spent the week-end studying the 234-page "report card" released Thursday on how the government is responding to the recession.

"I've gone through it carefully and I'll let Canadians know what I think about it tomorrow," he said.

By demanding periodic report cards from Harper on the government's attempts to help Canada return to economic growth, the Liberals have landed themselves in a tough corner.

Ignatieff's party has derided the latest Tory report card as inadequate and misleading. The Liberals say the government is not moving quickly enough.

**TORSTAR NEWS SERVICE**

### News in brief

**ISOTOPES** The federal government is putting a public face on the shortage of medical isotopes sparked by the shutdown of the aging nuclear reactor at Chalk River, Ont. Nuclear medicine specialist Dr. Sandy McEwan was appointed yesterday as a special adviser

to Health Minister Leona Aglukkaq and he will act as a public spokesperson on the technical aspects of the shortage.

**TORSTAR NEWS SERVICE**

**DEATH** A Canadian soldier was killed in southern Afghanistan yesterday when an improvised

explosive device he was trying to defuse exploded, the military told CBC News Online. Cpl. Martin Dubé, 35, was a combat engineer from the 5 Combat Engineer Regiment based at Canadian Forces Base Valcartier, near Quebec City.

**METRO NEWS SERVICES**

## Vancouver Opening the bridge



More than 50,000 sightseers clogged Vancouver's yet-to-open Golden Ears Bridge during a fun, but chaotic celebration that saw a woman go into labour minutes before the official ribbon cutting yesterday. The bridge opens to traffic tomorrow.

JEFF HODSON/METRO CANADA

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A teenager was arrested in a string of cat killings and mutilations that horrified residents of Miami's southern suburbs, police said yesterday. Tyler Weinman, 18, was charged with 19 counts of animal cruelty, 19 counts of improperly disposing of an animal body and four counts of burglary. **REUTERS**

**Arrest in Florida cat killings**

# World



## Obama finds friend in Queen Elizabeth

If Michelle Obama ever needs a place to stay in London, she could do worse than call on Queen Elizabeth. The two women met at the G20 summit in April and have kept in touch since then, royal sources said yesterday. When Michelle Obama made a private visit to the British capital last week with daughters Malia, 10, and Sasha, 8, they were given a private three-hour tour of Buckingham Palace, including a meeting with the queen. **REUTERS**

## Palestinians: 'Not enough'

**RESPONSE** A spokesman for Palestinian President Mahmoud Abbas dismissed a speech yesterday by Israeli Prime Minister Benjamin Netanyahu as "sabotaging" peace efforts.

A senior Palestinian negotiator called on U.S. President Barack Obama to intervene to force Israel to abide by previous interim agreements that include freezing settlement activity in the West Bank. The alternative, he said, was violence. "The peace process has been moving at the speed of a tortoise," Saeb Erekat said. "Tonight, Netanyahu has flipped it over on its back."

Abbas spokesman Nabil Abu Rdainah said: "Netanyahu's remarks have sabotaged all initiatives ... His remarks are not enough and will not lead to a solution." **REUTERS**

## Netanyahu calls for conditional state

**Israeli Prime Minister Benjamin Netanyahu responded yesterday to uncommon pressure from Washington by finally giving his endorsement — with conditions — to the establishment of a Palestinian state.**

But in a speech answering U.S. President Barack Obama's address to the Arab world 10 days ago, the right-wing leader's defence of Jewish settlement on occupied land may fail to dispel tension with the White House, as the two men try to set new terms for the Middle East peace process in their first months in office.

Netanyahu, who has refused to back a state for Palestinians since he took office in March, said he

### 'Step forward'

U.S. President Barack Obama's administration yesterday welcomed Israeli Prime Minister Benjamin Netanyahu's endorsement of a separate Palestinian state, calling it an "important step forward."

would now endorse the establishment of such a state — but only if Israel received in advance international guarantees the new nation would have no army and Palestinians recognized Israel as a Jewish state.

"If we receive this guarantee regarding demilitarization and Israel's security needs, and if the Palestinians recognize Israel as the

state of the Jewish people, then we will be ready in a future peace agreement to reach a solution where a demilitarized Palestinian state exists alongside the Jewish state," Netanyahu said at Bar Ilan University.

Palestinian leaders have rarely made an issue of Israel's insistence that they should not have an army in position to threaten its neighbour, but they have rejected the demand that they explicitly accept Israel as a Jewish state.

Meanwhile, only one in five Israelis believes a nuclear-armed Iran would try to destroy Israel, and most see life continuing as normal should its arch-foe get the bomb, a poll published yesterday found. **REUTERS**

## Iran Post-election unrest



A riot policeman hits a motorcyclist during a protest against election results in Tehran yesterday. Candidate Mir Hossein Mousavi has launched a challenge to the result of Friday's vote, won by incumbent Mahmoud Ahmadinejad. **REUTERS**

## News in brief

**ITALY** Italy's interior minister vowed yesterday to push ahead with plans for citizens patrols to fight crime, despite concern over possible fascist links of at least one group keen to participate. The proposal is opposed by Italy's opposition and by civil rights groups, who fear it could lead to racial discrimination and violence. Critics have compared the plan to the paramilitary groups used by fascist leader Benito Mussolini.

**UNITED STATES** CIA director Leon Panetta says it's almost as if former vice-president Dick Cheney would like to see another attack on the U.S. to prove he is right in criticizing President Barack Obama for abandoning the "harsh interrogation" of terrorism suspects. "It's almost as if he's wishing that this country would be attacked again, in order to make his point," Panetta told The New Yorker.

**NUCLEAR** North Korea said Saturday it would start a uranium enrichment program and weaponize all its plutonium in response to fresh UN sanctions, which the United States said it would work vigorously to enforce. Pyongyang also threatened military action if Washington and its allies tried to isolate it. KCNA news agency quoted an unnamed North Korean Foreign Ministry spokesman as saying in a statement, "We'll take firm military action if the United States and its allies try to isolate us." **REUTERS**

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# Comment & Views

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## Comment

# Highs, lows of spring

## HineSight

Anne Hines

metronews.ca/hinesight

ately, I've had that old familiar feeling again. My heart is fluttering, my pulse is racing, I feel like I'm walking on air. Only one thing can turn a mature adult into a grinning idiot like this. You guessed it. I'm on allergy medication.

Normally, I'm not a drug user. Once, as an undergrad, someone gave me a joint and I smoked it alone while watching *The Sound of Music* on TV. I found the movie totally hilarious until the very end when it turned terribly tragic. By the time the youngest Von Trapps were being toted over the Swiss Alps, I was

weeping uncontrollably, vowing to devote my life to the well-being of all displaced, musically gifted Austrians. Then I fell asleep.

My only other drug experience was during childbirth. I wasn't exactly poster girl for *Natural Childbirth Monthly*. I wanted the drugs. I wanted all the drugs. My children are now 22 and 19 and I still want the drugs.

Faced with seasonal allergies, I first thought I'd try drug-free therapy. A website suggested I keep a diary of anything that seems to cause an "elevated reaction." The first day my list

## Sunny Side

read, "Conversation with my mother, trying to find parking downtown, PVR failing to record *House*." My partner, Liz, suggested they'd meant an elevated reaction in sneezing. Oh.

Second day, my "elevated reaction" diary read, "Everything I come near." It was time for drugs.

I cautiously sorted through the boxes at the drugstore. Most warned, "Do not take while operating heavy machinery." No problem. I drive a Smart car. I did make a mental note not to hijack a backhoe during the day. Several

medications had side-effect lists that reminded me of American television drug ads, "May cause dizziness, brain implosion, spontaneous levitation, and arm to fall off, but it will clear up that unsightly rash, no problem."

Having made my choice, my days now go:

7 a.m.: Wake up.

7:30 a.m.: Able to pry sore eyes open enough to locate allergy medication. Take pill.

7:32-9:40 a.m.: This stuff is useless. It has no effect whatsoever. I can't believe they're allowed to sell ... wait ...

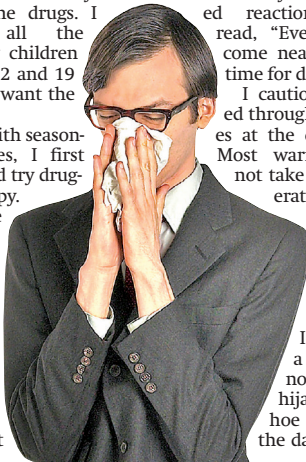
9:40 a.m. - 7:30 p.m.: La, la, la. I am so happy. I'm a big, pink bunny. Or there's one on my desk. Or both. I love Tom Harper ...

7:30 p.m.: ... huh?

Achoo! Damn it.

Take and repeat.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



## Views

# Social networks build new communities

## UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl

In the last couple of weeks I've started to notice how online tools such as Facebook and Twitter have changed the way we develop relationships.

Some people use these tools for business, and others to keep in touch. Some join, but can't seem to find a way to integrate them into their lives, and others can't believe their lives ever existed without them.

Traditional sociology studies reveal men form bonds over shared experiences and women bond

over a shared secret. Perhaps social networking has changed all that. So how does social networking impact the way we bond, develop relationships and communicate with our communities?

For me, I've spent most of my life moving from city to city across North America. Trying to stay in touch with key friends, but often finding it difficult to find time to call, email and write everyone that I'd love to talk with.

Social networking tools have created a way for me to keep in touch with these people more regularly, letting them know what is going on and providing them with an opportunity to respond in their own way, at their own time.

It's the same way my friends from university, who are scattered across



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North America, have formed a support group for a friend who is suffering through brain cancer, and the way I find out about events happening in my city.

Postings can invoke deep thought, one-off comments, or can make someone call to see how you are doing. While my virtual community isn't just outside my doorstep, it has been an incredible support system that seems to be on all the time.

Some tools like Twitter open new worlds. Where else can you communicate with a group of people, some of which you've never met, that have a mutual interest and are scattered

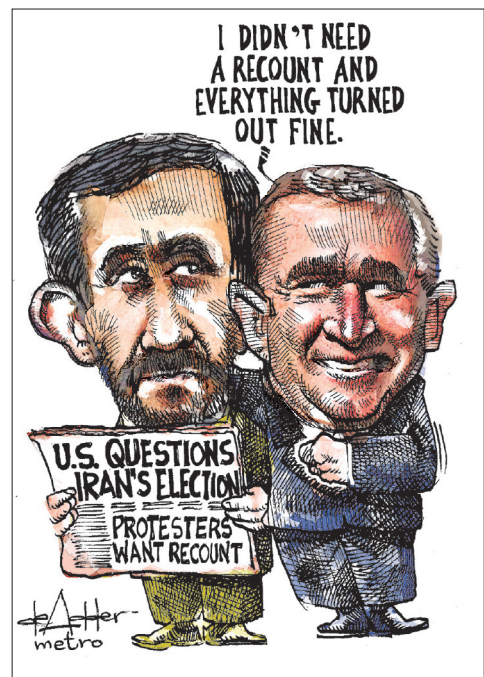
across the globe.

Meeting these people 10 years ago would have been left up to chance. Today, we can meet them with a few clicks of the mouse, and in doing so create a new and different community.

Regardless of how you use them, social networking tools have changed the way we communicate with one another. But do they bring us closer together? That really depends on the user.

If you are showing people a piece of the real you, and others reciprocate, you are closer. Social networking tools can be an amazing way to build a community — you just need to give them a chance.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.



## Letters

### What's best for yourself is height of entitlement

Re: *Feminism battleground is women's bodies* (June 11)

I am always thrilled to see anything even vaguely feminist in any major publication.

Thank you, also, for mentioning Dr. Tiller. His death, an act of domestic terrorism, represents a terrifying nadir in the ridiculous, sadly-pathetic-if-it-weren't-so-horrifying struggle for women to re-

main autonomous people (you know, just like men are).

The idea that some stranger has decided that he or she knows what's best for me, my body and my health — despite never having met me and knowing absolutely nothing about me — is the height of entitlement and so completely outrageous that I am left baffled by the fact the U.S. is even still debating about abortion.

LESLEY STEEVE, TORONTO

## Worth mentioning

# Rats have finally left the island

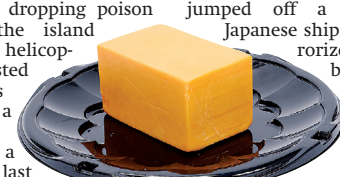
Alaska's Rat Island is finally rat-free, 229 years after a Japanese shipwreck spilled rampaging rodents onto the remote Aleutian island, decimating the local bird population.

After dropping poison onto the island from helicopter-hoisted buckets for a week and a half last

fall, there are no signs of living rats and some birds have returned, according to the U.S. Fish and Wildlife Service.

Rats have ruled the island since 1780, when they jumped off a sinking Japanese ship and terrorized all but the largest birds on the island.

REUTERS



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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**New chart aims to boost independent U.K. music**

Two new pop music charts will be launched in Britain this month aimed at championing up-and-coming acts signed with independent labels. Independent labels already have their own charts in Britain, and the rules are being changed and simplified in an attempt to revamp the format, an industry trade body said yesterday. **REUTERS**

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# Business



## Clinton addresses trade concerns

Canada decried Saturday a "rising tide of protectionism" in the United States, but Secretary of State Hillary Clinton said the "Buy American" provisions in an economic stimulus package will not interfere with U.S. trade obligations. Clinton, during a brief visit to Canada, said she and Canadian Minister of Foreign Affairs Lawrence Cannon discussed the issue during a meeting.

REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## The future of digital media

Need for federal regulatory strategy being recognized

In recent months, there has been growing support for a national regulatory strategy for digital media. The CRTC has explicitly identified the need for this in its new-media decision, as have leaders in the technology, telecommunications, broadcast and education communities.

The need for a federal strategy stems from the realization that Canada is rapidly falling behind much of the developed world on digital issues. The gradual hollowing out of the Canadian technology sector, the absence of a strategy to digitize Canadian content, and the plummeting rankings of Canadian high-speed services point to a problem that can no longer be ignored.

A Canadian digital ac-

### History

Industry watchers point to the late 1990s as the last time Canadian digital policy was driven by a cohesive plan, when Canada introduced pri-

tion plan could focus on five main issues:

1. Incentives for world-class networks

Ensuring that all Canadians have access to high-speed networks should be a top-priority. The plan could involve funding for rural broadband initiatives and tax incentives to promote investment in fast fibre-to-the-home services.

2. Establish openness

The City of Vancouver recently adopted an openness policy that establishes a preference for open stan-

dards, open-source software and open government data. The federal government should do the same.

3. Modernize the law

There is seemingly universal agreement that several Canadian laws are long overdue for digital reform, including updating privacy legislation and changing Canadian tax rules to encourage venture-capital financing and corporate investment in new technologies.

4. Remove barriers to in-

novation

A Canadian digital action plan should help promote innovation by removing several long-standing barriers. This includes lifting foreign investment restrictions in the telecommunications sector and guarding against anti-competitive behaviour.

5. Promote a Canadian Internet

Support for a Canadian Internet should extend beyond traditional funding programs. The Canadian Internet Registration Authority could use part of its forthcoming financial surplus (which could soon exceed \$1 million annually) to grant every Canadian a free domain name to encourage their participation online.

TORSTAR NEWS SERVICE

## Singapore Music on the go



Chart-topping singer Lady Ga Ga performs during the launch of the AMPed mobile music download service by SingTel in Singapore yesterday. The service lets mobile subscribers download music files and videos.



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### Business in brief

**INFRASTRUCTURE** Despite public pledges to accelerate infrastructure spending, the federal Conservatives have spent just a quarter of their \$15-billion infrastructure fund, new figures show. **TORSTAR NEWS SERVICE**

## The DAILY BUSINESS BUZZ

### Spinoff considerations:

Richard Homburg, chair and CEO of Homburg Invest Inc., has appointed a special committee to consider a plan to spin off the company's development and other non-income-producing properties to its shareholders.

### Foreign securities:

Canadian investors held \$764.7 billion of foreign securities at the end of 2007, up 3.9 per cent from 2006, but in sharp contrast with the 34.6 per cent increase between 2005 and 2006.

### Museum funding:

Colchester County council is considering giving \$50,000 to the Debert Military History Society for upgrades to the Debert Military Museum.

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## 'Tis the Season to Season Your Wood

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Freshly cut or "green" wood contains a lot of water and burns inefficiently. It also produces high levels of smoke and creosote, which leads to poor air quality and can also cause chimney fires.

If you're planning to buy a new wood stove, invest in an EPA-certified model. All new wood-stoves

sold in Nova Scotia must be EPA-certified. These stoves reduce wood use by 25 per cent, and can reduce smoke by as much as 90 per cent.

To ensure peak performance and safety, wood stoves should be installed by a technician certified by Wood Energy Technology Transfer (WETT).

For more tips on heating with wood, please visit [www.conservens.ca/in-the-home/energy-savings-tips.asp](http://www.conservens.ca/in-the-home/energy-savings-tips.asp)

For tips on buying firewood and a list of registered firewood vendors in Nova Scotia, please visit [www.gov.ns.ca/snsml/firewood](http://www.gov.ns.ca/snsml/firewood)

NOVA SCOTIA

conserve  
it starts with me

About 167 million toner cartridges are dumped into American landfills every year, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. Most can be refilled up to four times. **TORSTAR NEWS SERVICE**

# Going Green



## Recycled cashmere

TeddyLux Recycled Cashmere has figured out a great use for recycled cashmere sweaters — teddybears, says Green Trends. The Georgia-based business upcycles worn out cashmere sweaters into cashmere stuffed animals and baby toys.

METRO NEWS SERVICES

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

# It's not always easy being green

## EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

For some time now we have been exhorting Metro readers to reduce, reuse, recycle, and in all ways live the green life. We think it's time we acknowledged that it's not always that easy. The green

brick road is not without its flying monkeys. We ourselves have encountered various difficulties and inconsistencies while trying to tread more lightly on the planet. Frankly we'd like to complain about them and since we have this soapbox, we thought we'd stand on it.

Some difficulties are easy to foresee, such as the fact that bike lanes are not always available and sometimes just stop — leaving the cyclist in traffic; the fact that bike racks are not always where you need them; and that mo-

torists are not very considerate of bikes. When not biking, we drive a very fuel efficient diesel car. This is great

until you are down to fumes and can't find a service station that has diesel. "Of course, the solu-

tion to this is not to let the tank get that empty," says one half of this team. "Well," says the other half, "sometimes we don't fill it up because we hope that we can get home without filling it and then you will have to do it and I won't get my hands all diesel-y."

Other difficulties took us by surprise. When doing some recent home

improvements we discovered that the only compact fluorescent light bulb small enough to fit into the new light fixture casts a dim glow about equivalent to a single candle. Aren't incandescent bulbs being phased out by 2012? Don't manufacturers figure that any light fixtures we install today we are hoping to still be using in 2012? Of course compact fluorescent light bulbs are getting more "compact" all the time so in time we may be able to put a reasonable light in that fixture. In the meantime we are using night vision goggles.

We have only recently become aware of another

problem with living the green life — baby clothes are not manufactured to fit over a cloth diaper. Cloth diapers are considerably more bulky than their disposable counterparts. In short, our baby, clad in her non-landfill choking diaper, has a big bum. She has a closet full of cute outfits that she cannot wear except on the rare occasions when she has to wear a disposable diaper (travelling, etc.). The sleepers and onesies that she does wear are too big for her everywhere except over her bottom where they are tight and in some cases do not even button. A generation ago, most babies wore cloth diapers, and not the streamlined designer ones that our baby wears so they were probably even more bulky. Were baby clothes sized differently then? Do we need to get hold of some vintage sleepers?

OK, that is our complaining over with. And when we look into the eyes of the future generation, clad in her bulky diaper and ill fitting clothes, we realize that whatever the inconveniences are to us, we must continue to try to preserve the planet.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.

## San Francisco resident finds new use for hair

**TOOL** Lisa Craig Gautier collects human hair; in fact, she has a warehouse full of manes. And she's turned the lowly waste product into a world-class eco tool.

"Hair is an amazing product," says Gautier. "It cleans the air, it can clean petroleum, algae blossoms and fish oil, and it prevents soil erosion. It's really a shame to put hair in landfills, where it sits for 3,000 years!"

Several years ago, the San Francisco resident decided to put hair to good use. She asked hair salons to send her their hair, which she put into nylon nets to make "hair mats."

When Chinese tanker Cosco Busan leaked toxic fuel outside San Francisco

## Matter of Trust

• Today over 7,000 hair salons send hair to Gautier's organization, Matter of Trust. Little girls mail their braids, and recently even a nudist colony sent a hair package. Only head hair can be used.

two years ago, hundreds of volunteers helped clean it up — with Gautier's hair mats. And some people now use the mats to clean up their car oil leaks.

"Hair mats are really magical," says Gautier, a former zoo worker. "They are much better than the synthetic products that (are) normally used to clean up oil spills."

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# 12 ways to reuse regular items found around the house

## Recycled Plastic bags



Women crochet bags made from recycled plastic bags in Manila last week. Women in poor areas of Manila have been trained by a non-government organization to crochet bags, totes, hats and other accessories using recycled plastic bags.

Regular household items that are easy and convenient to reuse, according to Red Flag Deals.com:

1. Milk bags: Cut open one end, rinse and dry for a steady supply of sturdy plastic bags useful for storing anything that fits.
2. Scrap paper: Use for making notes or printing out draft copies.
3. Envelopes and boxes: Open packages and envelopes gently, cover existing address with a label or stamp and reuse.
4. Gift wrap: Reuse a perfectly serviceable gift bag.
5. Plastic food containers: Many grocery items come in perfectly reusable containers such as for margarine, tofu, salad. Hand

wash only as they warp or melt in the dishwasher.

6. Paper towels: A sheet just used to dry clean hands can easily be dried and reused later for wiping plates before washing.
7. Sponges: Don't toss out a dirty sponge — two minutes in a microwave at full power can effectively destroy 99 per cent of bacteria and other harmful buildup and

prolong its usefulness (sponge should be damp for microwaving).

8. Newspaper: Wad it up and use as a packing material instead of foam peanuts or styrofoam.
9. Coffee tins and clean egg cartons: Kids can always use such items for arts and crafts. Keep some around for a rainy day children's activity.
10. Old clothes: Donate them to charity, or use for craft projects like



## Waste coats

- Debenhams of Britain creates coats from bottles destined for landfill sites. The bottles are melted down, then refined and woven into a soft, but hard-wearing polyester. A 100 per cent recycled single-buttoned jacket and women's trouser suit sells for £55 (about \$102).
- Belts and bags made from decommissioned fire hose
- Pens made out of recycled CD cases

quilts, dog beds, gift wrap. 11. Old or chipped mugs: Use them as planters.

12. Single earrings: Use as scatter pin or lapel pin.

METRO NEWS SERVICES



**Lidstrom's mid-playoff surgery**

General manager Ken Holland says Detroit Red Wings captain Nicklas Lidstrom missed the last two games of the Western Conference final because of surgery. Lidstrom told the Detroit Free Press he had testicular surgery after he was speared by Chicago's Patrick Sharp on May 22. **METRO NEWS SERVICES**

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# Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



## Lewis headed to Hall

Three-time heavyweight champion Lennox Lewis, left, is among the latest class inducted into the International Boxing Hall of Fame. Lewis learned to box growing up in Kitchener, Ont., and earned Olympic gold for Canada in 1988. Lewis retired in 2003 with a record of 41-2-1, including 32 knockouts, and enters the hall in his first year of eligibility. **METRO NEWS SERVICES**

## TFC championship is Mission: Improbable

### Just Soccer

**Ben Rycroft**



metronews.ca/justsoccer

**A** near impossible task lies before Toronto FC as they head to Montreal Thursday.

Having lost to the Vancouver Whitecaps 2-0 in an everything-should-be-fine-

as-long-as-you-don't-lose-2-0-to-the-Whitecaps situation, Toronto must now defeat the Montreal Impact by four or more goals in order to qualify for the CONCACAF Champions League.

Never mind the fact that Toronto has struggled to put the ball in the back of the net this year. Never mind the fact that TFC, in its short history, has only once managed to score four goals in a game. And never mind the fact that Montreal has only once allowed more than four goals in the last three years.

Is it an improbable task? Yes. Is it an impossible one? No.

Soccer history is filled with impossible comebacks.

The most obvious example was in Istanbul in 2005. Liverpool FC trailed AC Milan 3-0 at halftime of the Champions League final. The English side, badly outmatched and with its tails firmly tucked be-

tween its legs, suddenly awoke in the 54th minute. In a span of just six minutes the Reds rallied to tie the game at three and would go on to capture the title in penalties.

Milan fell victim to a similar defeat the year before. Champions of Europe at the time, they strolled into La Coruna leading Deportivo 4-1 after their first leg of the Champions League quarter-finals. Deportivo had been massacred 8-3 by Monaco just four months prior. But on this night it was Milan who

would be bloodied as Deportivo won 4-0 to send the Italians packing.

Barcelona's dramatic second-half turnaround over Atletico Madrid in 1997, Nigeria's four-goal explosion to

down the Soviet Union at the 1989 Under-20 World Cup, West Germany's defeat of England at the 1970 World Cup — the list goes on.

And if you want to mention comebacks, cue up a Montreal game from earlier this year — when that upstart Impact team, leading 4-1 on aggregate, utterly collapsed to Santos Laguna in the Champions League. In the stifling Mexican heat, Montreal allowed four second-half goals, including two in extra time to be bounced from the tournament.

It was despicable, it was humiliating and it should have been impossible.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca.

### Sports in brief

**BLUE JAYS** Ronny Paulino went 4-for-5 with a pair of homers and three runs batted in, and Josh Johnson pitched his third career complete game as the Florida Marlins swept a three-game interleague set with an 11-3 win over the Toronto Blue Jays at Rogers Centre.

**BALL HOCKEY** The Canadian men's ball hockey team opened its quest for a fifth straight title with a decisive 21-1 victory over Great Britain yesterday at the

world championship. The Canadians continue Group B play today against Portugal.

**GOLF** Brian Gay crowned a consistent week by clinching the St Jude Classic yesterday with a five-shot win over David Toms and Bryce Molder. Gay finished on 18-under par to claim his third PGA Tour win, and his second of the year, having led after all four rounds at the TPC Southwind.

METRO NEWS SERVICES

# Lakers win NBA title

(Lakers win series 4-1)

Lakers 99 Magic 86



**Kobe Bryant claimed his first playoff MVP en route to the fourth NBA championship of his career last night.**

The 30-year-old dropped 30 points as the Los Angeles Lakers downed the host Orlando Magic 99-86 to win the best-of-seven series in five games. It marked Bryant's first title since 2002, when he captured the third of three consecutive crowns with Shaquille O'Neal.

Bryant averaged more than 30 points per game in 23 games and helped the



Pau Gasol, Kobe Bryant and Trevor Ariza celebrate after their Lakers defeated the Orlando Magic 99-86 in Game 5 of the NBA Finals last night. Los Angeles won the series four games to one.

Lakers rebound from last year's NBA Finals setback to the Boston Celtics.

"We knew we had to become a better defensive team consistently, better defensively," Bryant told ABC

after accepting his MVP award. "That series last year taught us. We came back this year with a renewed focus."

The Lakers used a 30-18 edge in the second quarter

to grab the lead and cruised to victory with little drama.

The win also marked a record 10th title for Lakers head coach Phil Jackson, surpassing Red Auerbach.

METRO NEWS SERVICES

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Gary Newman slipped and fell from the deck of his home and was rushed to the QEII with a badly broken neck.

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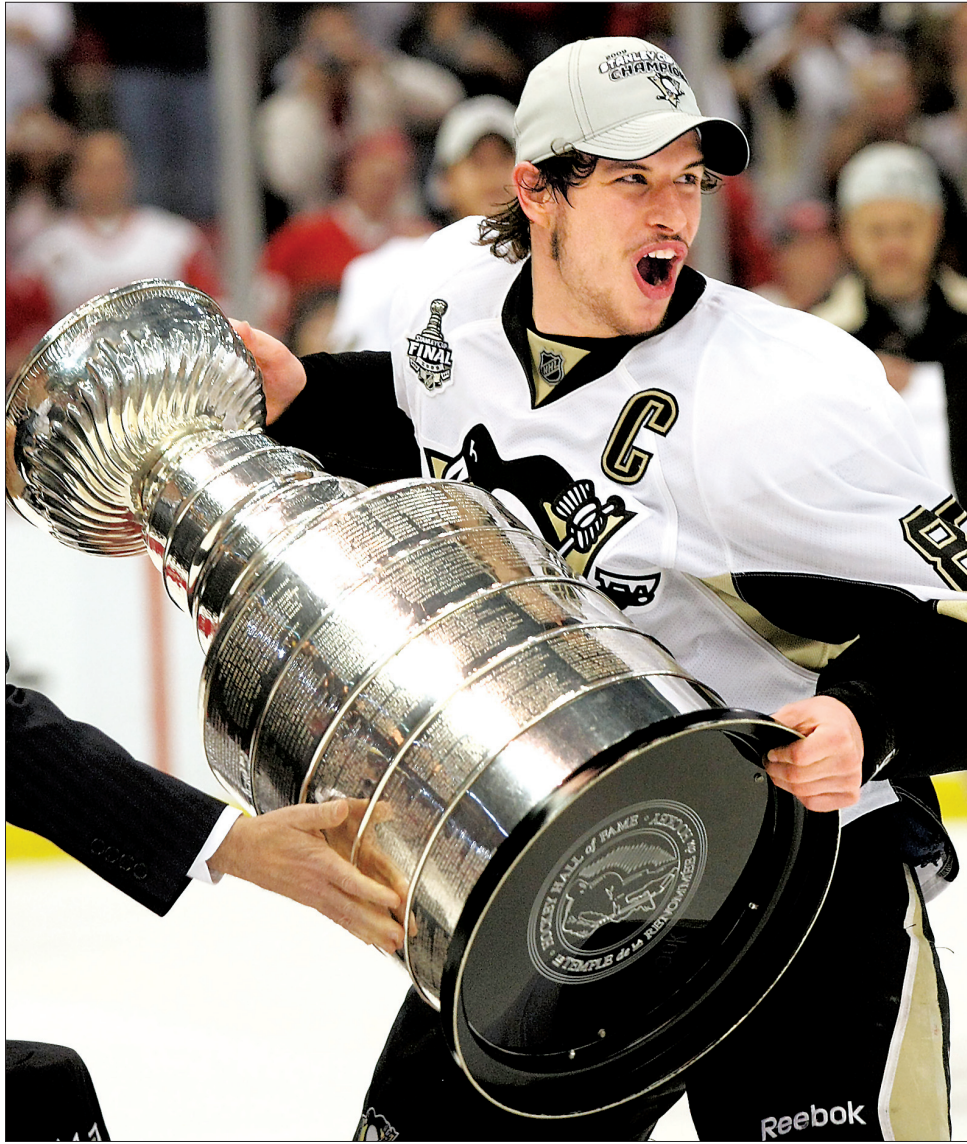
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Sidney Crosby of the Pittsburgh Penguins celebrates with the Stanley Cup after his team beat the Detroit Red Wings by a score of 2-1 to win Game 7 of the Stanley Cup Finals at Joe Louis Arena in Detroit Friday. The 21-year-old Crosby became the youngest captain ever to lead his team to a Stanley Cup.

# Start of a dynasty?

Crosby and other young stars give Pens good shot at more Cups

**Pittsburgh's parade for their Stanley Cup champion Penguins today could be the first of many to come for the Steel City.**

With the core of their team just barely old enough to legally drink the champagne being chugged in their dressing room following a gritty 2-1 Game 7 win over Detroit that clinched the Cup Friday night, the Penguins appear well positioned to take a run at many more championships.

When 21-year-old Sidney Crosby, who stills lives in team owner Mario Lemieux's guest house, skated forward to accept the treasured trophy from NHL commissioner Gary

## In Crosby's words

• "It was a lot heavier than I thought, but it was worth it. It's everything you imagine and more. It's all the sacrifices you've made, and your parents. It's what all your coaches

have done for you. All these people I wanted to do it for. And the guys sitting next to you." — Sidney Crosby, on winning the Stanley Cup.

TORSTAR NEWS SERVICE

Bettman, he became the youngest captain to hoist the Stanley Cup.

But the Cole Harbour native is not even the youngest player on a talent-laden roster that forms the nucleus of what many believe could develop into the next NHL dynasty.

Jordan Staal, who scored a shorthanded goal in Game 4 that shifted the series momentum to Pitts-

burgh, is just 20, while netminder Marc-Andre Fleury is a battle-hardened 24.

Evgeni Malkin, who led the regular season and playoffs in scoring and collected Conn Smythe trophy honours as the Stanley Cup MVP, is just 22, and next week could add the Hart trophy as the NHL's most valuable player.

"That's a great thought,"

laughed Penguins coach Dan Bylsma when asked if the Penguins' Cup win was just the start of something special.

"That's a great thought and it's a dream.

"But there's a lot of hard work and building and laying a foundation every year that goes into every year.

"It doesn't happen without building that foundation on day one and day two. They just don't hand you a trip to the Stanley Cup Finals again the second year.

"So we're going to enjoy this one ... and come September we'll start building the foundation again for what this team could possibly do."

REUTERS



Bedford's Andrew Joudrey holds the Calder Cup, which his team, the Hershey Bears, won Friday in Winnipeg.

## Crosby not only former Subway to capture a Cup

MATTHEW WUEST  
matthew.wuest@metronews.ca

While Sidney Crosby was hoisting the Stanley Cup in Detroit Friday night, a couple of his buddies were north of the border doing victory laps with the Calder Cup.

Andrew Gordon of Porters Lake and Andrew Joudrey of Bedford, teammates with the Hershey Bears, captured the American Hockey League championship at MTS Centre in Winnipeg with a 4-1 win over the Manitoba Moose in Game 6.

"I sent (Crosby) a text message after the game and said we should do some serious partying this summer," laughed Gordon, who scored the game's opening goal Friday.

Gordon played on Crosby's wing during their major midget days with the Dartmouth Subways. They combined for 154 goals among 347 points in 81 games and won silver at the 2002 Telus Cup national championship in Bathurst, N.B.

Crosby, Gordon and Joudrey — another former Subways forward — reunited late last summer in Halifax to prepare for the 2008-09 season, waking up in the wee hours of the morning for on-ice training sessions at local rinks.

"The three of us were up

**"Hopefully, I'll hoist the big Cup over my head some day, too."**

Andrew Gordon

early every day, working hard, and I guess it paid off, looking back," said Gordon.

Gordon, a St. Cloud State graduate, was tied for third on the Bears with six goals among 10 points in 22 games. Joudrey, a product of Wisconsin, had four points and was plus-8.

It marked Hershey's record 10th Calder Cup.

"It's a feeling of extreme satisfaction," said Gordon. "Ten months ago we set out to do this. All the work, all the sacrifice, all the bumps and bruises paid off. It's incredible.

"I'll remember this forever."

Gordon and Joudrey are both Washington Capitals draft picks who will vie for NHL roster spots in the next couple of years. The 23-year-old Gordon made his NHL debut last December and has a good example to follow in Crosby.

"His championship's a little more prestigious than ours, but I'll take this as a stepping stone," said Gordon. "Hopefully, I'll hoist the big Cup over my head some day, too."

## Sports in brief

**SOCCER** Defending champion Halifax City Coldwell Banker is off to a fine start in the Nova Scotia Soccer League Premiership. Kristin Kirinchich, Brian Francis and Trevor Reddick scored yesterday as first-place Halifax City topped the Nova Scotia Canada Games team 3-1 at Wickwire Field. The winner of five of the past six provincial championships is sporting an unbeaten record about a month into the season at 3-0-3. Halifax City is back in action

tonight at 8 p.m. against Halifax County Molson Canadian.

**BASEBALL** The Halifax Pelham Molson Canadians missed a chance to climb into first place in the Nova Scotia Senior Baseball League last night, losing 7-2 to the host Truro Bearcats. With the loss, Halifax dropped to 3-2, tied with Dartmouth Moosehead Dry for second place, a half a game behind the league-leading Kentville Wildcats (5-3).

METRO HALIFAX



**Metro Workology exclusive: Head to Toe**

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

**13**

# Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

## Laval offers up free bikes

Université Laval has partnered with Véloville, a local organization, to provide its community with free bicycles. For three years, uLaval ran a free-bike pilot program for students living in residence, and now the program is being extended to all students and staff in order to promote a healthy lifestyle. Participants have access to 40 bikes, and can use them up to 6 hours at a time.

METRO NEWS SERVICES

# A meticulously challenging job

## OddJobs

**Diane Peters**



Metronews.ca/oddjobs

The first thing you probably do when you pick up a non-fiction book is flip to the back and scan the index.

However, it's the very last thing that goes into writing a book.

Sometimes just a few days before it goes to press, a book's editor will call someone like Clive Pyne to compose the index.

This difficult and sometimes tedious job cannot be done by computers. It's been tried, and it's failed. Instead, Pyne will put in as many as seven days of working 10 hours a day to create an index for a complicated textbook.

Pyne starts by reading the book, marking up every fact he finds as he goes. "I'm doing a lot in my head at this point, I'm getting a sense of the pattern."

On the second read, he boots up his computer and, using special software, starts keying in subheads and page numbers. The program organizes these subheads into virtual file cards.

About a quarter of Pyne's time on a book is spent editing: Reorganizing his subheads to make better sense and also trimming to fit the numbers of pages allotted for the index.

Organizing information in books is always a challenge. Extra tough: Listing names from cultures where people write their surnames

**"It's an art and it's a science."**

Indexer Clive Pyne

first, or dealing with double postings and nutritional information in a cookbook.

"It's an art and it's a science," says Pyne. It takes years to hone one's indexing skills and get fast at the job.

Pyne's been indexing for the last four years. He's done a variety of jobs, including working in human resources, where he did job classifications and pay equity calculations.

After moving from Toronto to Ottawa a few years ago, Pyne had trouble finding work in the

## The Lowdown

**Job title:** Indexer

**Salary:** About \$40,000 a year, more if you index complex things like medical textbooks.

**Education/training:** There's at least one university program that teaches indexing in the U.S., but most indexers are self-taught.

**Best Part of the Job:** "I'm constantly changing gears. It's not boring and it's very challenging."

**Worst Part of the Job:** "The stress, the long hours, and the low pay."

bilingual city. He realized he had a talent for identi-

fying patterns, and starting looking for a new career to match his skill.

He met an indexer who lived in nearby Perth and decided to try it. He bought 16 different non-fiction books and composed his own indexes for each. His colleague critiqued his work. Feeling ready, Pyne started marketing himself.

One of the first books he ever worked on, for the Canadian Museum of Civilization, won numerous awards.

Now, as an established indexer, Pyne works long days and most weekends. The work is exhausting,

but Pyne takes numerous breaks through the day and often heads out for the gym or a quick walk to energize himself. He also spends time maintaining his website, sending

emails and marketing himself to continue to get more work.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



Indexing books cannot be done by computers. It's been tried, and it's failed. That's where Clive Pyne comes in.

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# Here's a way to stay in shape and earn extra cash

## Head to Toe

**MAT LECOMPTE**  
for Metro Canada



In economic times like these, having some additional cash in the pocket can be pretty handy. Of course, right now, the opportunities to make a little bit of extra income can seem too few and far between. But by using the old combination of two feet and a heartbeat, there are a number of opportunities that could increase your income this summer.

With a passion for fitness, a desire for helping others and the comfort of

a little extra dough, people like Alanna Gillis are taking advantage of part-time job opportunities that let them stay fit and make some decent cash.

Gillis, the 28-year-old asset and facility management consultant by day, has found a way to make an additional \$40 an hour in her spare time by doing what she loves: Running.

Every Tuesday evening, Gillis instructs two running clinics for a personal training studio called Body Design, about 40 minutes north of Toronto. The part-time opportunity that she stumbled in to a few months ago is perfect for an athletic, health-conscious person like her. Drawing from experience as a runner and personal

trainer, she teaches an introductory running course called Learn to Run, while also training people for 10-kilometre races. All in all, she says the experience is phenomenal — and it's not just the money attached to it.

"I love it," she says. "When you get someone through a tough spot; when you see that you've helped them do something they wouldn't normally do, it's really great!"

In order to get a part-time job in fitness, Gillis insists that it should be something people be passionate and educated about. She has been a certified personal trainer for years and has enjoyed running since she was a

child, but required no formal training for her current running clinics. She says that based on her lifestyle and knowledge of the body, she is a qualified leader.

So, how does someone like you get a part-time job in fitness? Well, all you can really do is just get out and look. Consider inquiring with stores like the Running Room or community centres in your area. Be sure to learn about any kind of unique training or qualifications you may need in order to take on such a job.

Taking on a few clients or getting hired to hold clinics can be great way to keep fit, while making decent money in the process.

## Healthiest cities

• Best Health Magazine recently broke down the healthiest cities in Canada, where one of the criteria was people who enjoy activity for leisure time. Here are the Top 10 places you'll find people looking to engage in an active lifestyle: Victoria, Ottawa, Calgary, Winnipeg, Brandon, Vancouver, Charlottetown, Edmonton, Saint John, Regina. Toronto was placed at No. 19.

For more of the Head to Toe exclusive series check Workology frequently or stop by: [metronews.ca/work](http://metronews.ca/work)



# Setting a posture precedent

## Head to Toe

RAFAEL BRUSILOV  
for Metro Canada



Spotting the little things that can make big changes to let people avoid chronic workplace

### pain is what Craig Kipling does best.

The 32-year-old and principal consultant of ergonomic consulting firm Healthy Posture Inc. helps companies and individuals eliminate unnecessary aches and pains in the workplace by making sure their work spaces are ergonomically sound.

Kipling has a degree in

Kinesiology, but always had a love for business as well, so he started Healthy Posture five years ago to meld the two together.

"My vision was, I wanted to take my schooling and apply it in the corporate world," he said.

Ergonomics involves making sure things like body positioning, posture and the distance someone

has to reach are optimized for the least physical strain possible. While tiny motions like typing or turning to reach for a telephone keypad might seem inconsequential, the regular, consistent strain can add up to chronic pain and repetitive-stress injuries.

Just by seeing how a person uses their workstation, Kipling can tell

where the problems are and work individually with them to set up their work space. A good desk setup can mean freedom from unnecessary muscle and joint pain.

"We're all different heights and all different sizes, so each workstation has to be individually specialized for each employee. You shouldn't come to work and have go home and ice yourself or heal yourself," Kipling said.

Kipling says incorrect monitor positioning is the number one reason why people develop shoulder and back pain in an office setting. Contrary to much common thinking, a computer monitor should not set with the eye at the centre of the screen, since the eye's most common habit is to look down — Kipling says most people set their monitors far too high for ergonomic comfort.

Though Kipling has a steady stream of corporate clients now, the early go-

ing was tough because many businesses weren't aware of how ergonomics impacted their employees.

"You say you're an ergonomic consultant and some people don't know what the word means. Right from the start nobody knows who you are — it's all word-of-mouth," Kipling said.

Luckily, employers are becoming more aware that taking time to prevent injuries is far more cost-effective for their businesses, particularly those with larger numbers of employees, than having to pay to fix injuries after they happen.

"It costs less money to be proactive than it does to deal with somebody who develops an injury later. Companies are starting to understand the importance of ergonomics," he said.

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## Workology in brief

**SPECIAL NEEDS** A two-tier system is evolving for kids with high needs as a result of a gap in the public school system, a result of underfunding for special education, according to an article in the Toronto Star. As a result, many parents of kids with learning disabilities, attention problems, or learning styles not suited to traditional schools are taking their kids out of the public school system and sending them to private schools that offer alternative learning.

**EARLY-CHILDHOOD CARE** A massive shakeup in early childhood care has been called for by the former Ontario deputy minister of education, Charles Pascal. Pascal is calling for full-day learning in the province whereby kindergarten and day care are combined. This would mean that parents of four- and five-year-olds would be able to leave their children at one place from 7:30 a.m. to 6 p.m.

**HEATHER BUCHAN**  
/FOR METRO CANADA

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## Best movie promotion

The Dark Knight took home eight Key Art Awards, including best theatrical poster and best TV spot, in the annual competition to honour the best in movie promotion. **METRO NEWS SERVICES**

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# Entertainment

EDITOR: DEAN.LISK@METRONews.CA

## Boss of Bonnaroo

Springsteen brings energy to music festival

BRIAN COULTON  
for Metro Canada

"We didn't just come here to rock the house. We came here to build a house!" wailed Bruce Springsteen during his headlining set with the E Street Band Saturday at the Bonnaroo Music and Arts Festival.

If his live show were anything like building a home, Springsteen's would be sturdy. Sweat flew from The Boss' arms as he played a three-hour show in which he performed songs from his near 40-year canon, emphasizing hard times, while barely stopping for breath in between.

Springsteen headlined the eighth instalment of Bonnaroo, which takes

place on a farm in Manchester, Tenn.

More than 75,000 people were in attendance for the four-day festival, which wrapped up last night.

Friday began with Brooklyn, N.Y., experimental indie rockers The Dirty Projectors delivering a solid collection, featuring interlocking vocal rhythms and harmonies. Later, they were joined by David Byrne, former frontman of Talking Heads, who both assembled the stage's lineup and offered his chops to the band.

The vocals for Baltimore electronic duo Animal Collective, on the other hand, failed to impress. Timing worked against the group that seemed to be disjointed overall, producing otherwise very danceable music

### ConcertReview

music@metronews.ca

to a relatively static crowd.

That quickly changed when New York alt-rockers Yeah Yeah Yeahs took the stage to a massive eyeball backdrop surrounded by a sparkling blue spiral. Lead singer Karen O's honey-like tableau transitions provided eye candy for the band's alternating hard dance punk and synth-spiked rock.

Contemporary bands were as common as veterans at the weekend festival. Soul master Al Green played the main stage, as he threw roses to the crowd, Elvis Costello departed from his new wave sound with a country and bluegrass-touched solo set and festival



Yeah Yeah Yeahs frontwoman Karen O performs at the Bonnaroo Music and Arts Festival in Manchester, Tenn.

favourite Phish played two sets, with typically extended jam sessions.

Chicago alt-country outfit Wilco, headed by singer/guitarist Jeff Tweedy, took the main stage to prime the crowd for Springsteen. Tweedy joked he'd interpret any audience boos as "Bruu-

ucel", inviting the crowd to yell the singer's name.

Before the festival's unrivalled closing performance by Phish, Sunday offered a varied lineup featuring sets by soulful Erykah Badu, rapper Snoop Dogg, folk singer/songwriter Andrew Bird and country siren Neko Case.

## Splitting up

Usher has filed for divorce from wife Tameka Foster Raymond. The R&B star filed the petition Friday in Atlanta. The couple, who got married in August 2007, has two sons together. **PEOPLE.COM**

### In brief

#### WEEKEND BOX OFFICE

1. The Hangover, \$33.4 million US
2. Up, \$30.5 million
3. The Taking of Pelham 1 2 3, \$25 million
4. Night at the Museum, \$9.6 million
5. Land of the Lost, \$9.2 million
6. Imagine That, \$5.7 million
7. Star Trek, \$5.6 million
8. Terminator Salvation, \$4.7 million
9. Angels & Demons, \$4.2 million
10. Drag Me To Hell, \$3.9 million

REUTERS

## Kenya'sStyle

### Kenya Hunt

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### critics' corner

#### How I Met Your Mother

Much to the dismay of her current friends, Robin (Cobie Smulders) rediscovers the "Woo Girls," a group of single women who like to party. Ted (Josh Radnor) pitches Barney (Neil Patrick Harris) a design for his company's headquarters but fails to take into account Barney's insatiable appetite for the awesome. 9:30 PM on CBS



#### Ennio Morricone Concert Live in Venice

Ennio who? You may not know his name, but if you've been to the movies in the past 50 years, you've probably heard his music. A five-time Oscar nominee, Morricone is the man behind such memorable scores as those for "The Good, the Bad and the Ugly," "The Untouchables" and "Casualties of War." In this new special, he conducts a 100-piece orchestra and choir in a concert dedicated to the victims of massacres. 9 PM on BRVO

#### The Line

There's a whole lotta movin' goin' on in this new episode, as Carlos and Lucie (Cie Bennett, Sarah Manninen) look for a new location for the drugs, and Sal (Conrad Piao) wants Eddie (Von Flores) to make a different kind of move — against his family. Hermie and Phillip (Milton Barnes, Shawn Singleton), along with Steamboat, are the victims of a rip-off orchestrated by Carol (Linda Hamilton). 11:30 PM on M1

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Eminem - We Made You

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Jeremih - Birthday Sex

3OH!3 - Don't Trust Me

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/15/09	31	31	31	ABC	News (N)	ABC Mid News	Inside Edition	Chronicle	The Bachelorette (N)			Newlyweds
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Gossip Girl (HDTV)		The Wedding Planner ** (2001)		
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	René Lévesque II (2009, Biography)	(DVS)		CBC News: The National	The Hour	
	2	2	2	CBC-F	Urgences (SC)		Des sautelles	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Two/Half Men	Big Bang Th	CSI: Miami	
	69	69	69	CFTM	TVA 18 heures	Sûr-salé	Les Gags	Le Petit Monde	Ma Maison Rona (SC)	Monk (HDTV) (SC)	TVA 22 heures	
	6	6	6	CHIF	Entertainment	ET Canada	Cold Blood (N)	House (HDTV PA)	House (HDTV PA)	Lie to Me "Pilot" (HDTV)	News (N)	
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV)	Big Bang Th	Two/Half Men	Law & Order: Criminal Intent	News (N)	
	10	10	10	ELTV	EastLink Mag.	Fishing	Build It	The Job Zone	Incl. Revolution	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House (HDTV PA)	Lie to Me "Pilot" (HDTV)	Fox First	
news	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	I'm a Celebrity, Get Me Out.	Law & Order: Criminal Intent	Dateline NBC	
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	Miracle	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Chronicles	Antiques Roadshow	Antiques Roadshow	American Experience (HDTV)	Crossroads	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow	Antiques Roadshow	American Experience	Brief History	
	68	68	68	TQS	Rire et délire	Chemin du golf	C'tune joke	C'tune joke	CSI: NY Un meurtre (SC)	Pratique privée (SC)	Donnez	
	68	68	68	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Squeeze Play	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight	Learning	Lessons	Campbell Brown (N)	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF	Golf Central	Top 10	Air Racing From Windsor, Ont.	RaceNight	The Golf Fix	Top 10	Big Break	
	52	52	52	RSE	Sportsnet Connected	Soccer: UEFA U-21	Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	
	55	55	55	SCOR	Off the Record	SportsCentre	Billiards: 2008-Trick Shots	World Poker Tour	Zack & Cody	Latest Buzz	Wizards-Place	
family	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han, Montana	6TEEN	6TEEN	Futura	
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy 20	Total Drama	Max & Ruby	Franklin	Little Bear	
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small	Backyardigans	Night Grdn	Malcolm-Mid.	Futurama	League-Evil	
	27	27	27	YTV	Drake & Josh	iCarly	Prank Patrol	Prank Patrol	Intervention "Kristen"	Tam	Pachamama	
	16	16	16	A&E	CSI: Miami (HDTV)	Notre Peuple	CSI: Miami (HDTV)	Notre Peuple	Intervention "Kristen"	Tam	Pachamama	
	70	70	70	APTN	News (N)	106 & Park: BET's Top 10 Live (Live)	Beyoncé	CB4 ** (1993, Comedy) Chris Rock, Allen Payne.	Ennio Morricone Concert Live in Venice (N)	Welcome to Bravonews	Hope & Faith	
	50	50	50	BET	Street Legal	Dedicated "Joe Dee Messina"	Cheer Moms	Cheer Moms	Home Improve.	Home Improve.	Reba	
	37	37	37	BRVO	Comedy Now	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	
	153	153	153	COURT	W-FIVE	World's Wildest Police Videos	Daily Planet (N)	Property Virgin	Cops Uncut	Dumb Criminal	Legal Briefs	
	38	38	38	DISC	Canada's Worst Driver	Daily Planet (N)	Property Virgin	Property Virgin	MythBusters	For Rent	Income Prop.	
cable variety	34	34	34	HGTV	Holmes on Homes	NCIS "Honor Code"	One Tree Hill	Shot at Love-Tila Tequila	Tank Overhaul	Tank Overhaul	For King and Country	
	46	46	46	HIST	Shot at Love-Tila Tequila	mmtp10.ca	Stargate Atlantis	Bounty Hunter	Bounty Hunter	Departures	Survivorman	
	201	201	201	M1	(6:15) WALL-E (2008)	The Amazing Race 3	Friends	House-Payne	House-Payne	House-Payne	The Fighting Temptations (2003, Comedy)	
	48	48	48	QLN	(6:45) Greased Lightning ** (1977)	RD1 en direct	RD1 en direct	Trailer Park	Trailer Park	So Chic	Skin Deep	
	39	39	39	SHOW	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Til Debt-Part	Newlywed	Nearly Dead	In Laws	
	47	47	47	SPACE	Stargate SG-1 "Grace"	CSI: Crime Scene Investg.	CSI: Crime Scene Investg.	UFC Unleashed	UFC Unleashed	UFC Unleashed	4th and Long	
	14	14	14	SPIKE	etalk	Hollywood	Jon & Kate	American Chopper	TMZ (N)	etalk	Canada's Next Top Model	
	98	98	98	STAR	What Not to Wear	North of 60	Clara Sheller	Murder, She Wrote	Most Haunted	How Clean	Kim	
	21	21	21	TLC	Que-champion	Journal de Fr2	Nothing Too Good	Mysterious Ways	Style by Jory	Style by Jory	Be-Millionaire	





The as-yet untitled Bond 23 is gathering pace. MGM announced the writing team for the new Daniel Craig-led mission: Neal Purvis, Robert Wade and Frost/Nixon writer Peter Morgan. [EMPIREONLINE.COM](http://EMPIREONLINE.COM)

# Madonna granted Mercy

Father pleads for singer to 'seriously look after the child'

**The father of a Malawian girl being adopted by Madonna says he has dropped his fight to get the child back and has urged the U.S. pop star to take good care of her.**

Malawi's Supreme Court on Friday approved Madonna's application to adopt a second child from the country, overturning a lower court ruling.

James Kambewa, the father of four-year-old Mercy James, originally said he opposed the adoption. However, he said on Saturday he had decided not to fight the case, asking only that Mercy be brought up knowing he was her biological father.

"Let the child go ... My only plea to Madonna is that she should seriously look after the child," he said in an interview. "I am asking Madonna to make sure that, while the child is growing, she must be informed of me as her biological father ... she really must know

that while she is far away the father is still alive."

A Malawian court ruled in April that Madonna couldn't adopt Mercy because she wasn't a resident of the southern African country. The Supreme Court overturned that decision, saying the child, who has been living in an orphanage, would have a better life with the singer. She never lived with Kambewa. "When the child was born I was never told," he said.

Rights groups have accused the government of giving Madonna special treatment by skirting laws preventing non-residents from adopting children. The government came under fire in 2006 after Madonna, who has supported orphans in the country through her

Raising Malawi charity, adopted 13-month-old David Banda.

Officials at the charity said Mercy was expected to be flown out of Malawi this week.

REUTERS



In this file photo, Madonna visits a development project in Gumulira, Malawi.

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From left, Apl.De.Ap, Fergie and will.i.am of the Black Eyed Peas perform on NBC's Today show Friday in New York.

## Black Eyed Peas prep for high-tech summer tour

**MUSIC** The Black Eyed Peas are "trying to up our game" for the pop/hip-hop group's headlining tour, according to Fergie.

The Peas' female member tells Billboard.com that she and her bandmates will begin rehearsals for the headline portion of their tour later this summer, after a run of festival appearances in North America and Europe. The group's new album, *The E.N.D.*, has spawned a megahit in its lead single, *Boom Boom Pow*, which has topped the Billboard Hot 100 for 10 consecutive weeks.

"It's going to be the biggest tour, production-wise, that we've ever done. We're actually planning for

that now, which we've never done before — actually plan for a tour. It's usually just learn the songs by performing at festivals, and that's our show. But now we're stepping it up. We had some visuals before, but now we are going to have a lot more, and we're really excited about that."

Fergie says the Peas will "utilize a lot of the technology that's out there" but adds that it's "too early" to get into specifics. "We're just now getting together what we're going to do for the festivals and are kind of just making an outline and putting in what we would like to happen (for the tour). So I can't really talk about it yet."

REUTERS



Actor Sam Rockwell, left, and director Duncan Jones at the Tribeca Film Festival 2009.

## Bowie's son takes off with Moon

**FILM** Forty years after David Bowie released his breakthrough single *Space Oddity*, his filmmaking son is headed for the stars with his first feature.

*Moon*, a \$5 million US sci-fi thriller that opened Friday in New York and Los Angeles via Sony Pictures Classics, recalls films of the '70s and '80s like *Silent Running*, *Outland* and *Alien*, not to mention Stanley Kubrick's 1968 epic *2001: A Space Odyssey*.

It was directed by Duncan Jones, Bowie's 38-year-old son with ex-wife Angela.

They originally named him Zowie, but he preferred to be called Joe while in his teens and then settled for Duncan. A graduate of the London Film School, he has carved out a career in Britain as a commercials director.

In *Moon*, Sam Rockwell plays an astronaut finishing a three-year contract to mine lunar helium to ship to Earth for energy use. The plot thickens when he meets a younger, angrier clone of himself who's there to do the same job.

Jones created the story

specifically for Rockwell, who plays both roles seamlessly. "I met up with Sam to discuss another project that we ended up not doing, but we got on very well," Jones recalled.

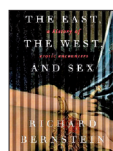
They talked about films they both loved and the kind of performances Rockwell wanted to do next. What really resonated was "the idea of those blue-collar guys back in those old science-fiction films." Jones to Rockwell: "Look, if you promise to read the script, I'll write something for you."

REUTERS

## Western men's Eastern exploits

### The East, the West and Sex

**Author:** Richard Bernstein  
**Publisher:** Knopf  
**Price:** \$34 (Hardcover)

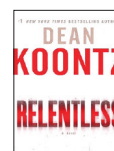


When considering the dynamic between East and West, we typically think of political, economic — and increasingly, religious — factors. But Richard Bernstein's new historical account explores global relations of another kind. Sex, maintains Bernstein, has been a great source of both suffering and satisfaction for those Eastern women who have been on the receiving end of Western men's pursuits. From popular figures such as Marco Polo and Gustave Flaubert, to lesser-known men who have shared their own exploits, Bernstein examines the impact of inter-hemispheric erotic encounters.

### BookPicks

### Relentless

**Author:** Dean Koontz  
**Publisher:** Bantam Books  
**Price:** \$32 (Hardcover)



The adage, "We are our own worst critics," seems to have been lost on Cullen "Cubby" Greenwich. The author not only lives an idyllic life with his loving wife Penny, son Milo and dog Lassie; but he also enjoys

a career that affords him personal fulfillment and a public profile. That is, until the book critic at the country's top newspaper tears his latest work apart. Cubby aims to ignore the vitriolic review, but an encounter with the critic at a restaurant changes his outlook. However, having stirred the reclusive reviewer, Cubby finds that he's being terrorized by a sociopath, putting his family in danger.

### Shanghai Girls

**Author:** Lisa See  
**Publisher:** Random House  
**Price:** \$28.95 (Hardcover)



Sisters Pearl and May Chin are living the high life in 1937 Shanghai. Then a byword for elegance and excess, the city is the backdrop for the girls' upbringing as they revel in their father's money. But when he loses the family fortune, Pearl and May are forced to leave home and be sold to prospective husbands. Having gone from riches to rags and living amidst Second World War combat, the sisters manage to escape China, landing outside Hollywood in Los Angeles. Lucky to be alive, the women must learn to adapt to a new country with husbands not of their choosing while battling Communist stereotypes.

— BRIAN KOONTZ/  
FOR METRO CANADA



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## DON'T WORRY, BE HAPPY



### Feeling happy is something we have direct control over

Ever wonder why some people always seem to be happy-go-lucky while others don't? Though hard to define, happiness — that feeling of contentment, satisfaction, pleasure or joy — is, in fact, something we have direct control over. So can we actually increase our happiness? The answer seems to be "yes."

And it mainly has to do with one's general outlook on life; in other words, how optimistic or pessimistic you are. While there are many situations that are out of our control, optimists always look on the bright side of things and tend to believe that most situations, no matter how difficult they may initially be, work out for the better in the end.

One given in life is that everyone will inevitably face challenges. But instead of letting those experiences undermine everything you do, look at them as temporary setbacks that can be overcome.

Your mental outlook on life can affect your physical health more than you realize. In fact, studies have correlated

optimistic people with having better immune systems and to psychological wellbeing.

You've heard that line, "Is your glass half-empty or half-full?" Well, your experiences in life really do come down to your perspective. The first step to being a more optimistic person is to make a conscious effort to make the most of what life offers. Secondly, realize that the past doesn't equal the future. Third, accept pain, failure and disappointment as part of life — not the entirety of it. Finally, be grateful for the good things that occur and acknowledge them.

Researchers have found that, aside from having an optimistic personality, happy people also tend to have high self-esteem, an outgoing personality, close friendships or a satisfying marriage, work and leisure that engages their skills and meaningful religious faith.

Since most people derive great pleasure from participating in mentally

engaging activities, it's no wonder people who volunteer derive a great sense of satisfaction from it. Getting out and helping others is, it seems, a win-win situation.



### Economy taking a turn for the better

It seems that the light at the end of what has felt like a never-ending tunnel of global economic doom and gloom is getting brighter. After months and months, the economy looks to be taking a turn for the better.

Not only is the loonie rising, narrowing the gap between the U.S. and Canadian currencies, but the housing market, especially in Toronto and Vancouver, is in positive territory. In fact, Toronto house sales for the first two weeks in May were up three per cent from the same period last year.

Real estate experts attribute the upturn to first-time buyers who are stepping back into the housing market due to lower prices and interest rates, which in turn, is having a domino effect and strengthening the overall housing market. While nobody can be absolutely certain, many leading economists predict that the recession will end in the second half of 2009, which is just around the corner and one big reason to smile.



## 'Packbacks' and a dream

He's been called an everyday hero and an inspiration. But no matter how he's described, Stephen McPhee — an autistic eight-year-old from Airdrie, Alta. — is proof that anyone can improve the lives of others by following their heart.

Two years ago, Stephen, who was six at the time, was saddened to learn there were kids living on the streets. He resolved to help them. That Christmas, he amassed 15 backpacks, or "packbacks" as he called them, filled them with toys, books and mittens and donated them to a local charity.

The following year, Stephen rallied his local community to pitch in, and they

did, packing nearly 300 backpacks with books, clothing, toys and hygiene products. Last Christmas, the number of backpacks donated ballooned to an astonishing 1,000.

Last year, Stephen, whose initiative is called Stephen's Backpack Society, was named a 2008 Great Kids Award Winner by the Government of Alberta in recognition of his generosity, compassion, courage and strong spirit. "Stephen brings a ray of hope to those experiencing difficulties in life," says his mother, Nancy. "He shows how a child can do anything."



## Have some budget-friendly fun this summer

With summer just around the corner, family vacation plans are on many people's minds. This year, why not hit the open road with the whole brood. Not only is a road trip a budget-conscious way to take a

family holiday, but it's a terrific opportunity to really see Canada up close.

Before your trip, hold a family-planning session to get everybody excited about the upcoming

adventure. Pour over guides together and talk about the various places on your mapped-out route that would appeal to the whole clan.

Once departure day arrives, designate the front passenger seat the "navigator's chair," and during the course of the trip let everyone have a seat in it — even if it's just for a few

minutes — so everyone feels included.

Road trips provide the perfect opportunity to talk about family history, so think of creative ways to share family lore. There will be the inevitable "are we there yet?" questions, but in the end, your entire family will have memories to last a lifetime.



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Reportedly set to marry Spanish model Andres Valencoso, Kylie Minogue may convert to Catholicism for the ceremony. A source said: "Kylie is so intent on including the traditional aspects of a Catholic mass that she's thinking of converting." **FEMALEFIRST.CO.UK**

**Kylie the Catholic?**

## Celebrity Buzz

# Miley rebounds with ex Nick?

**TOGETHER AGAIN?** Less than a week after Miley Cyrus split from model Justin Gaston, the star admits that she has "reconnected" with ex-boyfriend, Nick Jonas, people.com reports. "He's my best friend, and we still hang out all the time, and we've definitely reconnected," the Hannah Montana star told a Tennessee radio station on Friday. "We don't know what's going to happen in the future, but right now we're just kicking it and hanging out as much as we can."

The pair, both 16, was spotted on June 9, jet-skiing together on Tybee Island, where Cyrus is filming her new movie *The Last Song*. "They looked like they were having a blast," says an observer.

When asked about the excursion during her interview, Cyrus said "no comment" but mentioned, "I'm a

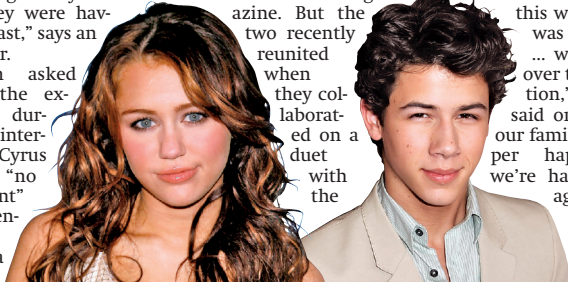
jet ski demon!"

Cyrus and Jonas broke up in December 2007, after which "I bawled for a month straight," Cyrus told *Seventeen* magazine. But the two recently reunited when they collaborated on a duet with the

Jonas Brothers and worked on the Disney's *Friends for Change* campaign.

"We both just kind of saw each other again and kind of decided this whole thing was stupid and ... we all were over the separation," Cyrus said on-air. "And our families are super happy that we're hanging out again."

**METRO NEWS SERVICES**



# Lily desperate for love?

**PERMA-SINGLE** Lily Allen is desperate for a boyfriend, *femalefirst.co.uk* reports.

The singer — whose latest relationship with art dealer Jay Jopling ended after a month — hates attending showbiz parties alone and has begged friends to set her up with a new man.

A source said: "Lily hates being single — she needs a man in her life ... She wants someone to hold

her hand for all the red-carpet events she attends. "She's even been asking friends to set her up on dates. She can't seem to meet anyone, and it's making her miserable."

The source added: "She is especially concerned about going on her tour without a boyfriend there for her backstage. She needs a man to take care of her, and to give her attention. Without that, she fears she'll go off the rails."

**METRO NEWS SERVICES**



## Pete in legal trouble again

**UH OH** Troubled rocker Pete Doherty was back before a judge again, this time after allegedly leading cops on a wild late-night chase in the U.K.

Doherty denied a charge of dangerous driving but pleaded guilty to two counts of possession of class A drugs and driving without a licence and insurance, according to the *Daily Star*. He reportedly "whooped" when he was granted bail.

**METRO WORLD NEWS**



## Baldwin house in foreclosure?

**FINANCIAL WOES** While he's in Costa Rica shooting *I'm a Celebrity... Get Me Out of Here*, Stephen Baldwin is facing foreclosure on his house, according to the Associated Press. Baldwin and his wife owe more than \$824,000 US in mortgage payments. Their Rockland County, N.Y., home will be auctioned off to the highest bidder on June 24.

**METRO WORLD NEWS**



# Jennifer hopes life imitates art

**TOO HONEST** Jennifer Aniston pointed out that her personal fortunes over the past several years have been reflected in the titles of her films.

"I'm trying to be more careful than I have been in the past about the titles of movies that I choose to be in," she revealed. "It's funny — I kind of noticed something a couple years ago that there seemed to be

this strange parallel to the movies I was doing and my life off screen. "It started with, well, *The Good Girl*," Aniston explained. "Then that evolved into *Rumor Has It*, followed by *Derailed*, and then there was *The Breakup*. And then on the lighter side was *Friends with Money*, which I felt was a bit on the nose."

"So if any of you have a project titled *Everlasting Love* with an *Adult, Stable Male*..." she concluded.

**METRO NEWS SERVICES**



# Susan will sing ... for \$212,360

**CASH GRAB** Britain's Got Talent phenom Susan Boyle is set to cash in on her fame by reportedly charging a whopping £115,000 (\$212,360) to play 12-minute sets at corporate events around the world, *popeater.com* reports.

An email from the singer's agent, sent to a possible client, dropped the large figure, which would get the client three songs.

"She's the biggest star to have come out of Britain's Got Talent, so her price to sing reflects that," a source close to the singer told the *News of the World*. "These fees mean it will take 10 dates for her to make a million pounds, which is unprecedented for a reality-show winner."

**METRO NEWS SERVICES**



# Why the fat obsession, Nia asks

**RANT** Nia Vardalos says it doesn't matter that she's written and starred in a few blockbusters — all people ask her about is her slimmed-down shape, *usmagazine.com* reports.

"It's just weight. Just 40 pounds of fat now gone from my body, but wow, it's pretty much all I get asked about. In the last year, I got to star in a movie, wrote and directed my next one, and adopted a three-year-old from American Foster Care. But guess what I'm asked... how did I lose the weight?" the *My Life in Ruins* actress, 46, wrote on CNN's AC360 Blog.

"I am embarrassed to be in the position of answering questions about my body again. On the publicity tour of *My Big Fat Greek Wedding*, I was asked over and over again, if, as

the writer, I felt it was a fair depiction of real life to have someone of my er, below average looks, hook up with hottie John Corbett," she continued.

"I thought I was attractive when I

shot *My Big Fat Greek Wedding*. Studio executives and movie reviewers let me know I had a confidence in my looks that was not shared by them," she says. "In other words, they

labelled me with words like: Overweight, unattractive, unappealing. "Hey, just say 'fat.' I love the word fat. I used it in the title," she goes on. "It's actually not a naughty word. We give it a power it actually doesn't have. So, you're fat. Big deal."

**METRO NEWS SERVICES**



# Coming out was liberating, Adam says

**IDENTITY** American Idol runner-up Adam Lambert doesn't have any regrets about coming out in the new issue of *Rolling Stone*, *usmagazine.com* reports.

"I'm really happy with it.

The cover looks great. It was great working with (photographer) Matthew Rolston," he told *usmagazine.com*.

"And the title — The Liberation of Adam Lam-

bert — I do feel liberated. I feel like a weight has been lifted off my shoulders."

The 27-year-old singer told *Rolling Stone* that he had been living as a gay man in L.A. for the past eight years.

He never declared his sexual orientation on *Idol*

because he felt it would have been "so sensationalized that it would overshadow what I was there to do, which was sing."

"It's not like I was holding back before," Lambert explained to *Us*. "I was being myself, but it's nice to have everything out in the open." **METRO NEWS SERVICES**

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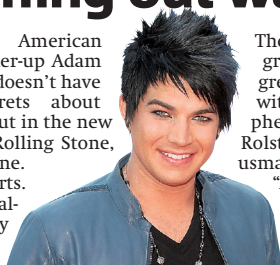
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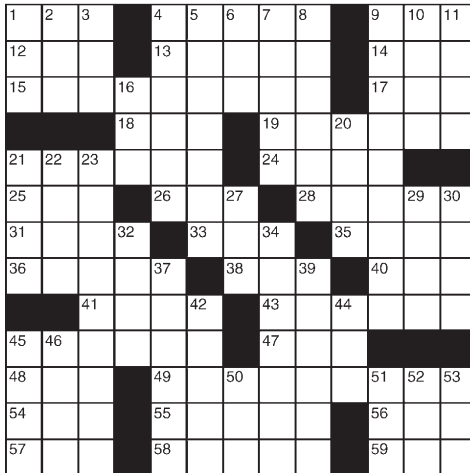
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## Take Five



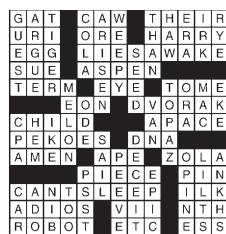
## Crossword across

- 1 "Slippery" tree  
4 Regions  
9 Pismire  
12 Vast expanse  
13 Ballroom favourite  
14 Actress Myrna  
15 Letter from the Vatican  
17 Cleopatra's slayer  
18 Floral garland  
19 Undeveloped stage  
21 Reacted in horror  
24 Leeway  
25 "Uh-huh"  
26 Thickness  
28 Dynamite inventor  
Alfred  
31 Disposition  
33 Formal 25-Across
- 35 "I never — man I didn't like"  
36 Porcine sniffer  
38 Pen point  
40 Varnish ingredient  
41 Small salamander  
43 In a whimsical way  
45 IOU signer  
47 Listener  
48 Swiss canton  
49 Sandbox toy, maybe  
54 Zero  
55 Mohammedanism  
56 Pod denizen  
57 Kenan's co-star on Nickelodeon  
58 Autocrats  
59 Upper surface

## Crossword down

- 1 Kreskin's claim  
2 Meadow  
3 Orienteering aid  
4 Dormant  
5 With great intensity  
6 Ostrich's cousin  
7 More skilled  
8 Canned fish  
9 Warning signal  
10 Too curious  
11 Error in print  
16 Matterhorn, for one  
20 Workous time  
21 Prosperous venues  
22 Charlize Theron film, "— Flux"
- 23 Ibis' kin  
27 Hankering  
29 Handy Latin abbr.  
30 Frilly  
32 Song for two  
34 Motorcycle attachment  
37 Cheap  
39 Lullaby composer  
42 Lock of hair  
44 Sphere  
45 Basketball tactic  
46 A Great Lake  
50 Chicken — king  
51 Suitable  
52 Zodiac sign  
53 Once around the track

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	7	9	3	5	2	4	6	1
2	3	5	4	6	1	9	8	7
1	4	6	8	7	9	3	2	5
4	6	3	1	2	5	8	7	9
5	9	2	7	3	8	1	4	6
7	1	8	9	4	6	2	5	3
3	5	7	2	1	4	6	9	8
6	8	4	5	9	3	7	1	2
9	2	1	6	8	7	5	3	4

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

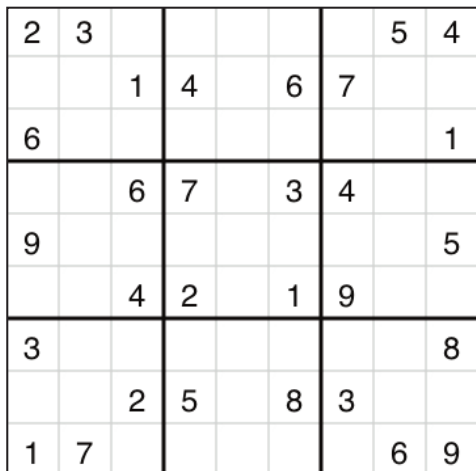
## SUDOKU SOLVE TIME:

- Under 13 min .....Genius  
13-17 min .....Scholar  
17-21 min .....Smart  
21-25 min .....Not bad  
25+ min .....Keep practising

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## Metro Recipe of the Day



## Chicken with Mixed Salad Greens

## INGREDIENTS:

- 2 skinless chicken breast fillets  
1 large clove garlic, crushed  
1 head oak leaf lettuce  
1 small head curly endive (frisée) lettuce  
1 head radicchio  
2 tbsp (25 ml) butter  
salt and freshly ground black pepper  
1 small lemon  
3 scallions, finely sliced  
8 oz (250 g) button mushrooms, thinly sliced

## DRESSING:

- 1/2 cup (125 g/4 oz) light sour cream  
1/2 cup (125 g/4 oz) yogurt  
1 tbsp (15 ml) canola oil  
1 tbsp (15 ml) white wine vinegar  
1 tsp (5 ml) Dijon mustard  
salt and freshly ground black pepper

## METHOD:

1. Cut chicken into strips. Place chicken and garlic in bowl. Stir to combine. Chill, covered, 1 hour. Cut

or tear oak leaf lettuce, curly endive and radicchio into small pieces. Place in a large bowl.

2. Heat butter in nonstick pan over medium heat. Cook chicken until golden brown and cooked through, about 5 minutes. Add salt and pepper to taste.

3. For dressing, whisk sour cream, yogurt, oil, vinegar and mustard in bowl until combined. Add salt and pepper to taste. Stir dressing into salad greens. Distribute salad greens among serving plates.

4. Peel thin strips of rind from lemon. Place chicken, scallions, mushrooms and lemon rind on top of salad greens.

SERVES 4



## Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com)

## ARIES

MARCH 21-APRIL 20

There is a lot of tension in your life now and you need to find a constructive way to let it out. Get together with like-minded friends and let off steam.

## LIBRA

SEPT 23-OCT 23

Jupiter in your fellow air sign of Aquarius endows you with limitless self-confidence, but you would be wise not to get carried away.

## TAURUS

APRIL 21-MAY 21

A high-ranking individual will give you a hard time today. They may not be entirely fair in their criticisms but you are advised not to respond in kind.

## SCORPIO

OCT 24-NOV 22

You may be tempted to criticize someone, but the planets advise strongly that you bite your tongue and keep your thoughts to yourself.

## GEMINI

MAY 22-JUNE 21

Jupiter in one of the more decisive areas of your chart endows you with lots of enthusiasm but be sensible about what you can do. Don't strive too hard.

## SAGITTARIUS

NOV 23-DEC 21

What was such a big mystery to you yesterday will seem perfectly obvious today. How you got so confused is anyone's guess, but don't dwell on it.

## CANCER

JUNE 22-JULY 22

There is no point trying to keep disturbing information from loved ones and relatives today. One way or another they will find out soon enough.

## CAPRICORN

DEC 22-JAN 20

It's OK to be outspoken but don't go too far and say things that turn important people against you — even if what you say is entirely true.

## LEO

JULY 23-AUG 23

You will need to be a lot more flexible where relationships are concerned this week. What you get will depend on what you are prepared to give.

## AQUARIUS

JAN 21-FEB 18

Your lucky streak is not coming to an end, but you do need to be more selective when choosing friends and business partners.

## VIRGO

AUG 24-SEPT 22

If you learn from mistakes, this week should be fun and profitable. While others refuse to change their ways you will be quietly moving with the times.

## PISCES

FEB 19-MARCH 20

You're not in control of a particular situation but you're determined not to let others know. Why? No one expects you to be on top of everything.

## WORDY GURDY®

BY TRICKY RICKY KANE

1. Wharf does and fawns (1)  
2. Drench actor Maria Brandauer (1)  
3. Most excellent school exam (1)  
4. Bout victor's tented areas (1)  
5. Loosely hang a slip-on bracelet (2)  
6. More curmudgeonly poor golfer (2)  
7. Petty quarreling tittering (3)
- ANSWERS: 1. PIERCE DANGER 2. DOUGLAS KLAUS 3. BEST TEST 4. CHAMPS CAMPS 5. DANGER BANGLE 6. GRIFFER DUFFER 7. CHICKERING SNICKERING
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GL Sport model shown



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